



## Feel supported

**Reach out. Get help. Feel better. Immediate and confidential support.**

You can trust your LifeWorks EFAP program to help you and your family find solutions for a wide range of life's challenges.

### Caring professionals can help you access support related to:

- Mental health
- Relationships
- Nutrition
- Fitness and physical health
- Finances
- Elder care
- Legal
- and much more

There are many ways to get help today - all completely confidential.

### Solutions for a wide range of life's challenges

- Access over 20,000 master's level clinical counsellors & certified coaches across a variety of support and Work-Life services.
- Confidential chat and secure video, telephonic and chat counselling sessions with members of our professional network.
- Referrals to the LifeWorks network of more than 3,000 in-person professional counsellors and affiliates.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.



## Improve nutrition

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease



## Achieve well-being

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions



## Get legal advice

- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning



## Get financial guidance

- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances



## Manage relationships and family

- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues



## Focus on your health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health



## Deal with workplace challenges

- Work-life balance
- Conflict
- Career planning
- Bullying and harassment



## Find child and elder care resources:

- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes



## Address Substance Use & Problematic Behaviours

- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support
- Create an action plan for better health

**Call your EFAP toll-free, any time, 24/7, 365 days a year**

**1-833-533-1577**

Visit [login.lifeworks.com](https://login.lifeworks.com) or download the “LifeWorks” app.

